

ORARI CORSI 22/23



GOLD
FITNESS

■ CORSI ON DEMAND
 ■ CORSI VIRTUALI
 ■ CORSI CON ISTRUTTORE

LUNEDÌ	08:30 > 09:00 CORSI ON DEMAND	09:00 > 10:00 LATIN DANCE	10:00 > 10:45 TOTAL TONE	10:45 > 12:00 CORSI ON DEMAND
	12:00 > 12:30 ADDOMINALI	12:45 > 13:30 BOXE UP	13:30 > 18:00 CORSI ON DEMAND	18:00 > 18:30 GLUTEI
	18:30 > 19:15 PILATES	19:15 > 20:00 ZUMBA	20:00 > 20:45 FAT KILLER	
MARTEDÌ	08:30 > 09:30 CORSI ON DEMAND	09:30 > 10:00 RISVEGLIO MUSCOLARE	10:00 > 10:45 FUNCTIONAL	10:45 > 11:45 CORSI ON DEMAND
	11:45 > 12:30 AERODANCE	12:45 > 13:30 TABATTACK	13:30 > 17:30 CORSI ON DEMAND	17:30 > 18:10 JUMP
	18:15 > 19:15 IYENGAR YOGA	19:15 > 20:00 GAG CIRCUIT	20:00 > 20:45 DUMBELLS	
MERCOLEDÌ	08:30 > 09:00 CORSI ON DEMAND	09:00 > 09:45 EASY PUMP	10:00 > 10:45 PILATES	10:45 > 12:00 CORSI ON DEMAND
	12:00 > 12:30 GLUTEI	12:45 > 13:30 PILATES	13:30 > 18:00 CORSI ON DEMAND	18:00 > 18:30 ABS
	18:30 > 19:15 BOXE UP	19:15 > 20:00 TOTAL BODY	20:00 > 20:45 CARDIO STEP	
GIOVEDÌ	08:30 > 09:30 CORSI ON DEMAND	09:30 > 10:00 GAG SHORT	10:00 > 10:45 AERODANCE	10:45 > 11:45 CORSI ON DEMAND
	11:45 > 12:30 VIRTUAL CYCLE	12:45 > 13:30 FITCROSS TRAINING	13:30 > 17:30 CORSI ON DEMAND	17:30 > 18:30 VIRTUAL CYCLE
	18:30 > 19:15 ENERGY PUMP	19:15 > 20:00 BALANCE & STRETCH	20:00 > 20:45 DANCE FIT	
VENERDÌ	08:30 > 09:00 CORSI ON DEMAND	09:00 > 10:00 COREO STEP	10:00 > 11:00 IYENGAR YOGA	11:00 > 12:00 CORSI ON DEMAND
	12:00 > 12:30 MATCON	12:45 > 13:30 KETTLE PUMP	13:30 > 18:00 CORSI ON DEMAND	18:00 > 18:30 VINYASA YOGA
	18:30 > 19:15 BODY PUMP	19:15 > 20:00 CYCLE HIIT	20:00 > 20:45 GAG BURNING	
SABATO	09:00 > 10:00 CORSI ON DEMAND	10:00 > 11:00 VIRTUAL CYCLE	11:00 > 11:45 KETTLE BELL	11:45 > 15:00 CORSI ON DEMAND
DOMENICA	09:00 > 11:00 CORSI ON DEMAND	11:00 > 11:45 SURPRISE		

ORARI APERTURA DEL CLUB:

Lunedì - Venerdì: 8:30 - 22:00 / Sabato: 9:00 - 16:00 / Domenica: 9:00 - 13:00